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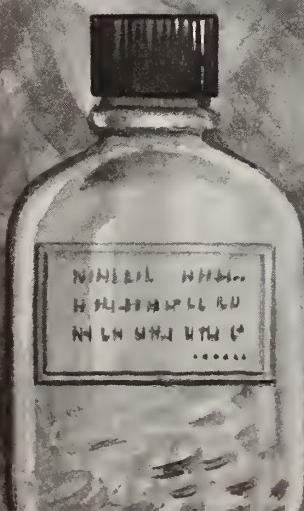
Journal

OF THE U.S. ARMY INTELLIGENCE & SECURITY COMMAND

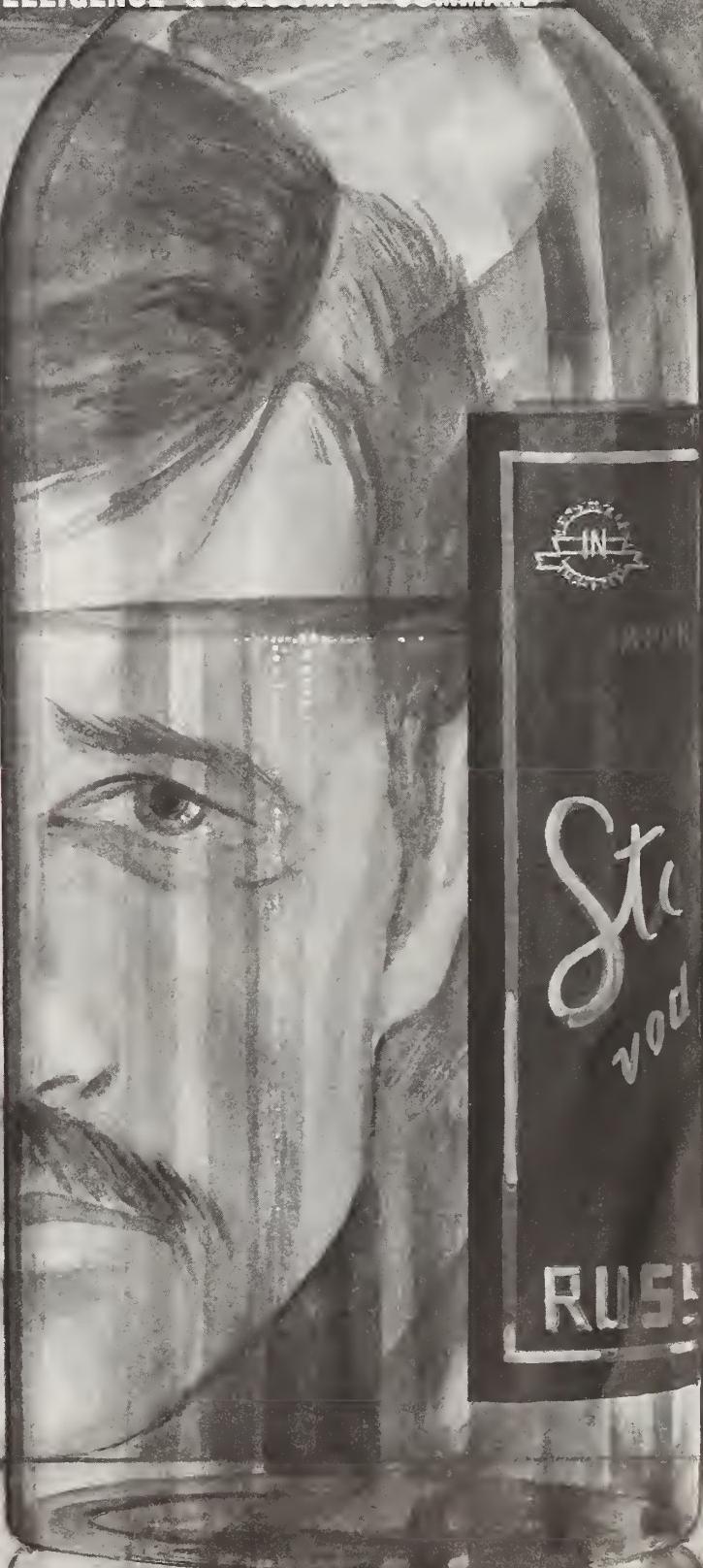
AUG 1978

VOLUME 1

NUMBER 10



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Viewpoint

Drug and alcohol abuse...not exactly a fresh, unexplored subject for today's soldier.

Not only are modern soldiers under constant bombardment by special displays, bulletin boards and a variety of publications, both military and civilian, extolling the dangers of drug indulgence, they are also required to attend semi-annual drug abuse seminars geared specifically to their problems and environment.

So why is there still a significant problem with drug and alcohol abuse in the military? Why isn't this barrage of anti-drug/alcohol material doing its part to lower increasing drug-abuse statistics?

Some claim that the military situation is merely a reflection of the general trend of permissiveness toward drug and alcohol abuse outside the military environment. Others blame the problem on the lack of continuity between various commanders and their respective drug/alcohol programs. Still others point the finger at the Vietnam War as the catalyst which propelled the modern soldier so deeply into the world of artificial stimulants.

Whatever the reasons, the fact remains that there is a drug/alcohol problem in the military. A recent Defense Department survey indicates that nearly 1 out of every 3 soldiers in the Army admits to occasional or frequent use of marijuana.

Recognition of a problem is the first step toward its solution. The Army is aware of its problem as evidenced by the recent launching of an intense campaign in the Pentagon to detect the degree of drug abuse in the service and establish a more effective means to counter it.

The concern of this command is obvious. Otherwise we wouldn't be highlighting INSCOM's drug and alcohol programs worldwide. And at the base of those programs are concerned, trained individuals ready to aid INSCOMers in whatever drug and alcohol problems they have encountered.

Drug and alcohol involvement is not a sign of declining morals but rather of serious personal problems. And all of us have been guilty, at one time or another, of trying to escape a problem rather than facing up to it.

This month's issue is not a humorous or fun-filled one. It deals with a deadly serious and pertinent topic. We only hope that it helps to increase INSCOMers' awareness and recognition of alcohol and drug abuses in themselves and in others, and take appropriate measures to correct them.

After all, with the right attitude life itself can be stimulating enough for anyone.

Photos featured in The Early Years photo spread of the August Journal were provided to us courtesy of the Bureau of Indian Affairs and the National Park Services.



Journal
OF THE U.S. ARMY INTELLIGENCE & SECURITY COMMAND

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VOLUME 1
NUMBER 10

THIS MONTH



Volleyball records shattered and relay races in Hawaii. **RecRep** gives the lowdown on INSCOMers on the playing fields of the world. Details on Pages 6-7.



A senior voice tasker during the week, a radio disc jockey come Saturday. SFC John Douglas Barton's lifestyle is highlighted in **INSCOMers**...Page 8.



Uppers, downers, grass, dope, glue, booze, coke...**The Journal** examines the interrelationships of drugs and the Army. What are the policies... and the percentages? Details on Page 11.

Closer to home, drug and alcohol programs throughout various INSCOM units are also explored...Pages 16-21.

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COVERS:(front) Distortion of reality and self-perception...a common reaction to drug or alcohol abuse. (back) INSCOM's adapted seal. The double-webbed key of security and control crosses the torch of knowledge and vigilance and the lighting bolt of worldwide electrical communications. The circular shape symbolizes global coverage. Cover graphics by Ron Crabtree.



The US Army Field Station Color Guard presents the flag to officiate the opening ceremonies of the Army Ball (far left). From left to right its members are SP4 Marsha Davis, SGT Larry W. Rogers and SGT Johnnie A. Wilson. The guest speaker at the occasion was Albert L. Seligmann of the US Embassy in Tokyo (top left). LTC Thomas J. Hogan and 1SG Thomas R. Beaven partake of the ceremonial cake (top right).

And among visiting Japanese dignitaries were Lieutenant General Fujio Takata, Commanding General, 9th Div., Japanese Ground Self Defense Force and his wife (bottom left) and Major General Tomoju Nomura, Commander, 3rd Air Wing, Misawa Air Base Japan (bottom right). (US Army Photo by SSG Bill Nelson)

Misawa Honors Army's Birthday

FIELD STATION MISAWA . . .
A week-long celebration of the Army's 203d birthday began at this INSCOM unit June 5 and culminated with the Army Ball on June 10.

Highlights of the week included the appearance of the 296th US Army Band from Camp Zama, Japan, directed by Chief Warrant Officer David Mathis. Concerts were held on the Misawa Air Base and in the

local Japanese community. The band and a massed marching unit from the field station were featured at a special retreat ceremony held in front of the base headquarters.

The Army Ball featured an Army Heritage Pageant by the band. Guest speaker for the ball was Albert L. Seligmann, Counselor of Embassy for Political Affairs, US Embassy, Tokyo.

Attending the ball were repre-

sentatives of all US military services on Misawa Air Base and Japanese dignitaries including the Chief of Aomori Prefectural Police and generals from both the Japanese Air and Ground Self Defense Forces.

Army Week was more than just a birthday celebration . . . it was a prime example of good community involvement and of people working together and enjoying military tradition.

Misawa Hails SMA Bainbridge

FIELD STATION MISAWA . . .

It was a full day of activities when Sergeant Major of the Army William G. Bainbridge visited this field station on July 8.

Accompanied by Command Sergeant Major James L. Bonner, US Army Japan and IX Corps, the two high level enlisted men received the field station briefing, the Misawa tri-service operational briefing and visited troop living and working areas.

During his tour the Army's top sergeant major was interviewed by Far East Network Television. The interview was later aired to the Misawa Air Base four-service viewing audience.

At a luncheon in his honor, attended by field station personnel and top enlisted representatives of the sister services, SMA Bainbridge was presented with a Hachinohe Horse, a time-honored symbol of military spirit in northern Japan, by First Sergeant Thomas R. Beaven, the field station's first sergeant.

LTC Rhoads Briefs AHSerS

INSCOM DET HAWAII . . . INSCOM Detachment Hawaii's mission was explained to staff and action officers at Arlington Hall Station and FT Meade, recently by Lieutenant Colonel Robert C. Rhoads, Detachment Commander.

Lieutenant Colonel Rhoads presented the detachment's briefing and fielded questions about the unit's operations and functions.



At Arlington Hall Station, selectees for the Primary Leadership Course at Ft. Benning, GA bone up on regulations and manuals before leaving. Left to right: SP4 Laura B. Veney, SSG Archie Graham Jr., SGT Randolph Gresham, SP5 Twila J. Finley, SP4 David P. Haggerty, SGT Cecilio S. Nero, and SP5 David C. Silvers. A last minute promotion for SSG Graham opened up his slot for a SP5 Mark A. Freeman (not pictured above) to attend the course in his place. (US Army Photo by SSG Steve Lambert)

FS Okinawa Hosts VIP

FIELD STATION OKINAWA . . .

On June 21, this command hosted a visit to Okinawa by Jill Wine-Volner, the Army General Counsel. Accompanying her were Merrill T. Kelly, Special Assistant for Human Systems, and Lieutenant Colonel Phillip H. Sullivan Jr., Executive to the General Counsel.

In addition to other local officials, Colonel Charles E. Schmidt, field station Commander, accompanied the group during their tour of Okinawa.

During her tour of Okinawa, Ms. Wine-Volner received the field station's briefing and was taken on a tour of the facilities.

Next Month
In The
Journal:
**WOMEN IN
INSCOM**

Unit Receives Award For Aid to Orphanage

FIELD STATION KOREA . . .

The Better Community Relations Committee of this field station has been awarded the Army's Community Relations Award of Excellence.

The award is given for outstanding efforts in support of the Army's community relations program.

In a letter from Brigadier General Robert B. Solomon, the Army's Chief of Public

Affairs, the field station's committee was praised for its "highly successful efforts in coordinating support to the Shin Saeng Orphanage, An-song, Korea, and assisting local Korean employees in time of need."

Stories concerning the committee's efforts and accomplishments have been included in several issues of the **INSCOM Journal**.



RITES OF SPRING

Facing the Fall and Winter months, members of the CONUS MI Group can draw on pleasant memories of a delightful Spring day when their annual Spring Picnic filled the air with activity and competition.

Volleyball, sack races and a wet sponge toss were only three of the various events which amused over 800 service members and their dependents.

Points were awarded for participation, with Bravo Company (above) scoring the highest. And food was plentiful since many hands helped in its preparation (opposite-CSM Ronald Winter flips some chicken). But the favorite event of the day was still the dunking pool as many members gathered (below) to witness the soggy fate of their peers (below right-SFC Robert Evans takes the plunge).



NAMES IN THE NEWS

INSCOM'S Arrivals And Departures

INSCOM has welcomed several new faces to its command level and bid goodby to others recently.

At US Army Field Station Berlin, Colonel (P) Dallas C. Brown Jr. turned over the command to Colonel Charles B. Eichelberger.

A graduate of Infantry OCS, the Army Command and General Staff College and the Army War College, COL Eichelberger came

to Berlin from Headquarters CINCPAC, Hawaii, where he served as Deputy Director of Intelligence.

Colonel (P) Brown will be the Director of Intelligence for Headquarters FORSCOM at FT McPherson, GA.

Colonel James W. Hunt assumed command of US Army Field Station Augsburg in June from Colonel Thomas J. Flynn. Colonel Hunt, who has served as commander of USASA Field Station Taiwan and Misawa; came from the Office of the Assistant Chief of Staff for Intelligence (ACSI).

At the ceremony, COL Flynn was presented the Army's second highest peacetime award, the Legion of Merit, third oak leaf cluster, for his service at Augsburg. His next assignment will be with ACSI.

At the National Security Agency, Sergeant Major James M. Brock Jr., a veteran of 25 years in the service and an INSCOM member, was recently appointed as NSA's Senior Enlisted Advisor to the Director.

Sergeant Major Brock has served in a number of US and overseas assignments and holds many Army decorations.

Streamliner to Improve Army Communications

Project STREAMLINER is an on-going project with the broad objective of improving communications in support of the combined cryptologic program. The objectives of the project are to reduce writer-to-reader time through the reduction or elimination of manual message processing and related functions found in communications centers.

STREAMLINER systems provide the capability to have data prepared only one time, edited, released, journaled (for later retrieval) and automatically formatted and transmitted to an outgoing line. Moreover, Accounting Procedures and Service Message Routines are resident in the system. The system is designed to be sufficiently flexible in application to meet both present and future needs of the cryptologic community.

Basically, the system consists of three different categories: Small Automated Communica-

tions Terminal (SACT), Medium Automated Communications Terminal (MACT) or Large Automated Communications Terminal (LACT). The STREAMLINER Automated Communications Terminal (ACT) can provide varying levels of automation, depending on the configuration of each system. Speeds ranging up to 9600 baud can be accommodated and all of the STREAMLINER systems are configured as redundant systems permitting a backup system in case the primary system fails.

A Compuscan ALPA-RP-238/GYX Optical Character Reader (OCR) is used as a message entry device for STREAMLINER. The OCR's primary function is to read the data from the typed message form DD 173 (OCR). These data are electrically transferred to STREAMLINER for processing. The system software will log, file journal, assign proper routing indicator(s), validate and trans-

mit the message in electrical format.

US Army Field Station Korea was the first Army site to receive a STREAMLINER, which was activated in February 1977. Additional STREAMLINER systems were installed at Field Station Augsburg and HQ INSCOM in April and May 1977. Field Station Okinawa STREAMLINER was activated in November 1977, with Field Station Berlin activating its STREAMLINER system in April 1978. All USACC-INSCOM STREAMLINER terminals are currently certified to process both R and Y traffic via the same AUTODIN Access Line.

STREAMLINER, with its impressive credentials and coupled with over one year of proven performance, is more than qualified to handle the Army's SIGINT community's ever-increasing communications requirements.

CW3(P) Randall M. McDonald

Around the Globe. . . INSCOMers Exhibit Endurance



Play continues after two days of continuous volleyball (above). And Bruce Baisch gets a quick rubdown in the last grueling hours of the marathon (left).

A US Army Field Station Berlin volleyball team recently qualified themselves for a place in sports history.

At 8:01 Sunday morning July 9, the FS Berlin team broke the Armed Forces world record for continuous volleyball play having exceeded 41 hours on the court. A grueling ten hours later they broke another mark, the Guinness Book of World Records time for continuous volleyball play of 50 hours. The team struggled on to 6:05 to set the new world mark at 51 hours, 5 minutes of continuous play.

A total of 171 games were played for 44 matches and a sum of 3990 points.

Don Fulghum was the man behind the idea. Fulghum, after reading about an Air Force team holding the military record for continuous volleyball play, knew that he could field a team that could break not only that record but the Guinness mark as well.

It took Fulghum three weeks to put everything together, getting support from all over the Berlin command, and putting together two six-man teams. Eight of the twelve all-male team members were part of the Berlin Brigade's championship volleyball team.

Fulghum carefully chose players with the right mental attitude as well as the necessary physical stamina. One female had been selected for the team but a sudden illness prevented her from playing.

Team members were: Fulghum, Clem Langlois, Tony Pressgrove, Glen Smith, Mike Burkholder, Leigh Blakely, Mike Simonson, Ron Ward, Bruce Baisch, Bob Cornellson, Brent Mason and Kaleto Tilo.

The players, although they played over 50 hours of volleyball, were allowed to take a 5-minute break after each 60-minute period of continuous play. They sometimes played for hours accumulating sufficient time for showers and meals or snacks.

Medical support was provided by John Heffner and Pat Prather from the Berlin hospital and FS Berlin dining facility helped provide food and nourishment for the event. Helping Fulghum organize was Langlois and Carl Hasz. All 35 or so persons who acted as witnesses were volunteers as were the two certified officials, Rex Parkins and Bill Barret.



A familiar face at the Field Station San Antonio tennis courts is that of Specialist 5 Joe L. Lyon. Besides providing a challenging game to military personnel assigned there, SP5 Lyon gives tennis lesson as well. His aspirations of becoming a professional tennis player are apparently well grounded considering his recent first place victory in the AHCO tournament at Kelly Air Force Base and his participation in the FORSCOM tennis trials in San Francisco where he made the quarter finals. (US Army Photo)



Hawaiian Hustle

Along with numerous seasoned runners and Sunday joggers, members of INSCOM's Hawaii Detachment exhibited their perseverance by participating in the Primo Beer Relay earlier this spring. Each member of the 10-person team had to complete a four mile leg of the course.

In these photos provided by Major John Vidourek, also a member of the team, Sergeant First Class Ackerman takes the baton from Specialist 5 Oszakewski, one of four women on the team (left) while Specialist 4 Alexander (below) approaches the relay point with confidence.



In other recreation news, John L. Heiss, INSCOM's DCSOPS, won the men's senior singles division in the Interservice Tennis Championships held Aug. 1-5 at FT Eustis, VA.

His games of 6-2, 6-2 helped the Army capture the "Leach Cup" awarded for winning the team championship.

Two INSCOM women and a member of the US Army Garrison, Arlington Hall Station, were selected for the 1978 All-Army Womens Softball Trials held in late July.

Candace M. Odierna represented Field Station San Antonio in the try-outs while Donna Moore went from Field Station Okinawa. Representing the AHS Garrison was Eunice H. Boboltz.

inscomers

The Voice of AFN Munich

Every Saturday morning at six or so, a Headquarters and Headquarters Company soldier here hops a train to Munich. He enters the AFN studios there about an hour later, starting to gear up for his one-man, three-hour, weekly local request show.

Records are pulled, taped interviews are located, weather reports are scanned and the station log readied. A few hours and a couple of cups of coffee later, Sergeant First Class John Douglas Barton becomes J.D. Barton, the voice of AFN Munich—and Field Station's man behind the mike.

When he refers to Field Station's Gablingen Kaserne on the air, using the local reference of the "Puzzle Palace," he speaks from experience. When not hosting his voluntary studio stint on Saturdays, Barton, a 19-year service veteran, has a full-time job in the Operations Control Branch here as a Senior Voice Tasker.

Barton freely admits he stumbled into the broadcasting business purely by accident. "It was something I'd always wanted to do, always been interested in, but never had the chance."

"I stumbled into it in 1973 when I was an instructor at Goodfellow [Air Force Base, TX]. There was a remote broadcast at one of the shopping centers there and I decided to take a look around. While walking around, I noticed someone coming out of the van. It turned out I knew him—he was a former linguist and he was now the program director of the station."

After a quick reunion, the subject came around to the part-time help scene at San Angelo's KGKL. An eventual outcome of the hasty conversation had J.D. submitting a job application for a part-

time announcer's job.

"I never expected to hear anything more of it," Barton recounted.

About three months later, he was contacted by the station and offered the job, as another part-timer had to undergo surgery. "I remember it was on a Thursday that I got the call. They wanted to know if I wanted the job . . . and could start Sunday! I thought he was joking, so I joked back with him. Then I found he was serious!"

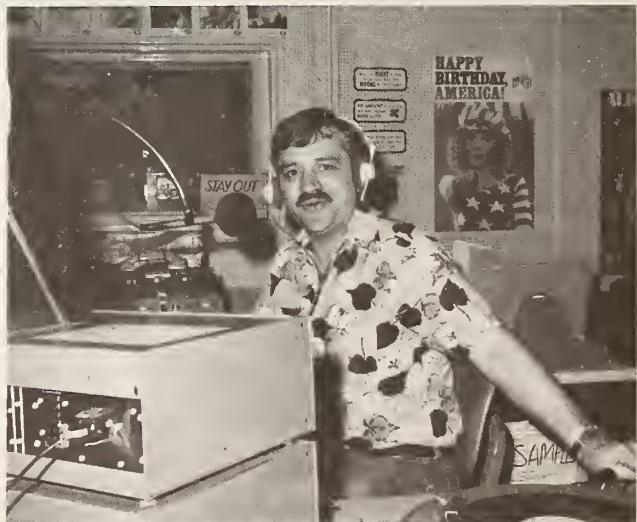
After a quick tape audition to find out, Barton says, "if I could read," the station decision makers liked what they heard, making only minor corrections to his demo tape.

Barton explained, "I had never been behind a microphone before, had no experience at it, and the thought of learning it all in three days was frightening."

The job hinged on his saying yea or nay . . . "I said I'd take it—and spent the next three days bugging the DJs, going places with the newsmen, trying to do it all."

At the end of the three days, J.D. didn't think he was ready and said so. "He said for me to take another week—and I sighed with relief . . . immediately." The job was eventually landed, and Barton went on to a regular spot at the station, in addition to covering for other announcers in their time slots.

—cont. next page



On the air . . . SFC Barton provides entertainment every week for thousands of troops over the Armed Forces Network in Munich. (US Army Photo by SFC Barton)

Patch Collector

While visiting the Alamo with his family at the age of 14, Staff Sergeant Mark Giddens was bitten by the collecting bug. Being interested in military history, he picked up four or five patches that intrigued him because of their shape, color and design.

For the next four years, he quietly added to his collection, but was grappling with the patches' meanings. Then at 18, he met another collector who had served in the military and was familiar with patch history. To this day, they still correspond and swap items.

To obtain historical information and add to his patch collection, SSG Giddens joined an organization called the American Society of Military Insignia (ASMIC) headquartered in New Jersey.

In his present collection, SSG Giddens has most of the major unit insignias, such as US Army Japan, 9th Corps and the 2d Infantry Division. Most of the 1500



Staff Sergeant Mark Giddens shows off just a small portion of his patch collection. (US Army Photo by Glen Grant)

collection consists of US Army, Air Force and British Commonwealth patches with some from the Coast Guard and Cambodia and Vietnam.

Staff Sergeant Giddens also selects patches based on a unit not being well known or if a patch was not necessarily one that was officially approved. One of his patches of a unit not widely known is that of the USA Japan's Aviation Detachment.

He comes up with patches for his collection by attending swap shows, thrift meets and auctions. A newsletter, published by ASMIC, reaches 700 collectors

and offers an exchange market.

The sergeant insists that the best way to come up with insignias is by talking and meeting with people . . . "to spend yourself instead of money."

He considers the patches he obtained while stationed at Nakhom Phanom, Thailand, to be the best of his collection because he knew the people there and could identify with them. This was the home of the USAF 56th Special Operations Wing, "The Laotian Highway Patrol" and "Dusty's Knives"—units that had participated in the Son Tay raid and Mayaguez ship incident.

—BARTON cont.

Barton learned to combine his jobs as instructor, radio announcer and disc jockey for a local club. Then came orders for Field Station Augsburg . . . a move that convinced Barton to look to the Armed Forces Network for a job. After many tries, he ended up with his own three-hour a week show.

"Here, I play what I want, do what I want on the show. It's mostly a request-oriented show. I try to please the 22- to 27-year-old GI, play a good variety—especially since we're the only radio station in town. "I'm always open to requests—after

all, it's their station."

In addition to all else, the soldier also runs the DYNA discos on alternate Fridays and every Saturday for two groups, teens and pre-teens.

Why does he do it? What keeps him going?

"It's fun and it's a chance for me to get more experience in the field. Besides, if I go back to the states with a letter from AFN, it'll help me when I go looking for an announcing job in the Dallas-Ft. Worth area when I retire."

—SP5 Alex Robenson



DRUGS and the ARMY

Alcoholism and drug abuse are old problems—ones that continue to exist in today's military and civilian population.

Seventy-seven percent of today's Army officers admit that they drink . . . over four percent of the enlisted population admit to having a drinking problem . . . and nearly one in every three soldiers uses marihuana and hashish.

Drug and alcohol abuse is definitely interwoven into the lifestyles of many young soldiers.

Each branch of the service handles drug and alcohol abuse in its own way. And while other branches, such as the Navy, work to consolidate their resources into large, standardized facilities, the Army is working in the opposite direction to reduce the strict standardization of the drug problem.

Flexibility is the key to the Army's program with the concept designed to afford individual commanders maximum creativity in planning their total drug and alcohol programs to fit the needs of each particular command.

This is not to say that there is no command-level guidance in regards to the programs . . . goals and

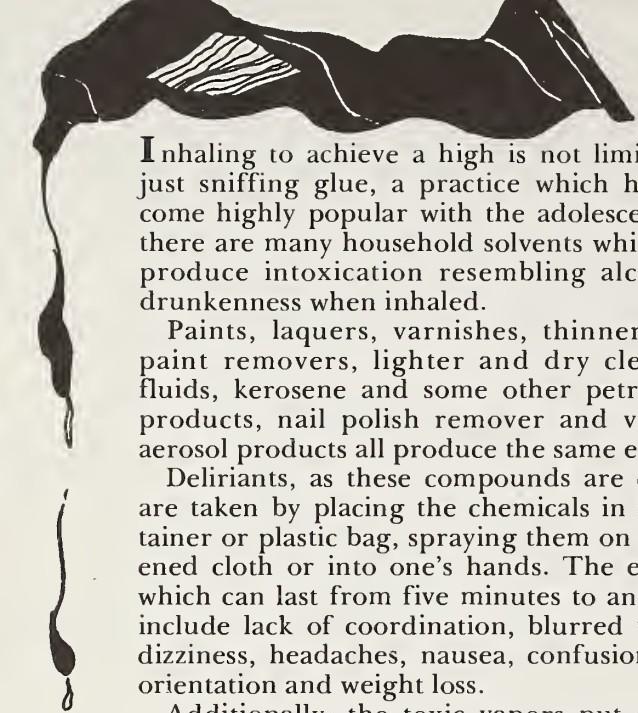
overall objectives are spelled out specifically in AR 600-85; however, there is a consistent effort to avoid giving guidance as to the details and procedures of any particular program.

The Army's alcohol and drug program is not limited to military members alone . . . another flexibility feature. All facilities that treat the military and all services available to them are available to Department of Army civilians and military dependents as well.

Roger Hartman, education coordinator of the Alcohol and Drug Control Office (ADCO) for the Military District of Washington, explains the three sources of identifying soldiers with problems.

According to Hartman, the most responsible source is the military court system. Soldiers arrested for drinking or drug related problems are referred to the alcohol and drug control offices. And in most communities the Army maintains a relationship with the police force whereby soldiers who are arrested outside the Army posts on alcohol and drug related charges are turned over to ADCO.

—cont. page 23



Inhaling to achieve a high is not limited to just sniffing glue, a practice which has become highly popular with the adolescent ... there are many household solvents which can produce intoxication resembling alcoholic drunkenness when inhaled.

Paints, laquers, varnishes, thinners and paint removers, lighter and dry cleaning fluids, kerosene and some other petroleum products, nail polish remover and various aerosol products all produce the same effect.

Delirants, as these compounds are called, are taken by placing the chemicals in a container or plastic bag, spraying them on moistened cloth or into one's hands. The effects, which can last from five minutes to an hour, include lack of coordination, blurred vision, dizziness, headaches, nausea, confusion, disorientation and weight loss.

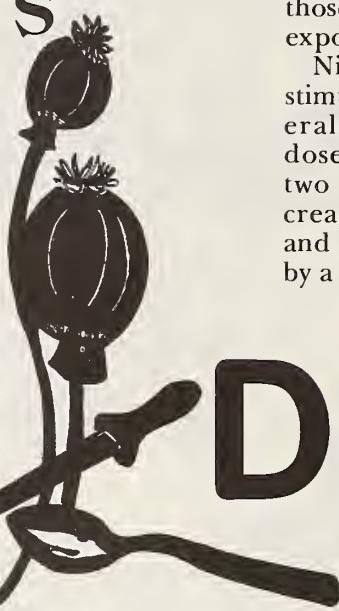
Additionally, the toxic vapors put off by these chemical substances can cause permanent damage to the mind and body and even death.

NARCOTICS

Opium and other drugs, like morphine, codeine and heroin, which are derived from the oriental poppy are referred to as opiate narcotics while synthetic chemicals such as meperidine and methadone which have morphine-like actions are called narcotics.

Narcotics are used in medicine as pain-killers while the opiates have been used for pleasure and medicine for centuries. —cont. page 14

D E L I R I A N T S



TOBACCO

One of the most widely used, easily available and cheapest drugs today is tobacco. It has been used for centuries.

Nicotine is the active ingredient in tobacco and in its concentrated form is a highly toxic poison, once widely used as a pesticide. Although tobacco is generally consumed via cigarettes, cigars, pipes and snuff, the smoke it emits can be absorbed by the body—so even those who don't use tobacco are exposed to its dangers.

Nicotine can both depress and stimulate . . . small amounts generally stimulate while higher doses usually depress. One or two cigarettes can produce increased respiration, heart rate and blood pressure accompanied by a decreased appetite.

—cont. page 14

DRUG



A L C O H O L

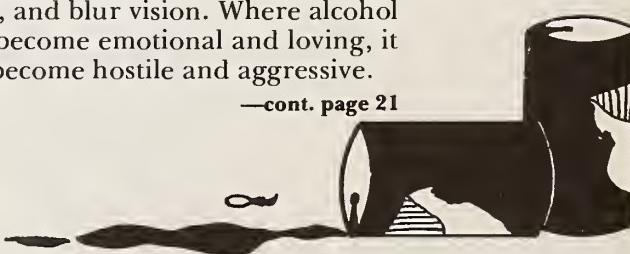
Two out of every three adults in the United States drink and nearly nine million people in this country are alcoholics or problem drinkers—that according to a 1975 survey.

Beverage alcohol or ethanol can be produced either synthetically or naturally by fermenting fruit, grain or vegetables. Beer, wine and liquor are the forms of alcohol generally consumed in the United States.

Alcohol, which works directly on brain functions, acts as both a stimulant and a depressant. One or two drinks will normally lower inhibitions and induce talkativeness while larger amounts can alter perception, cause staggering, and blur vision. Where alcohol causes one person to become emotional and loving, it can cause another to become hostile and aggressive.



—cont. page 21



STIMULANTS

Stimulants—they're the chemical agents which stimulate the central nervous system. Stimulants are available both on prescription and from clandestine manufacturers.

Cocaine is a stimulant and so are amphetamines, phenmetrazine and Methylphenidate. Other stimulants include Bacarate, Cylert, Didrex, Ionamin, Plegine, Pondimin, Pre-Sate, Sanorex and Voranil.

Stimulants can be ingested orally, injected or sniffed and their effects include increased alertness, excitation, euphoria, dilated pupils, increased pulse rate and blood pressure, insomnia and loss of appetite. Continual use of stimulants are often followed by periods of depressions known as "crashing." This experience is often so unpleasant that users increase their doses and fall into heavy dependency.

Stimulants have many street names. Cocaine is known as coke, snow, flake or gold dust; amphetamines are called peaches,

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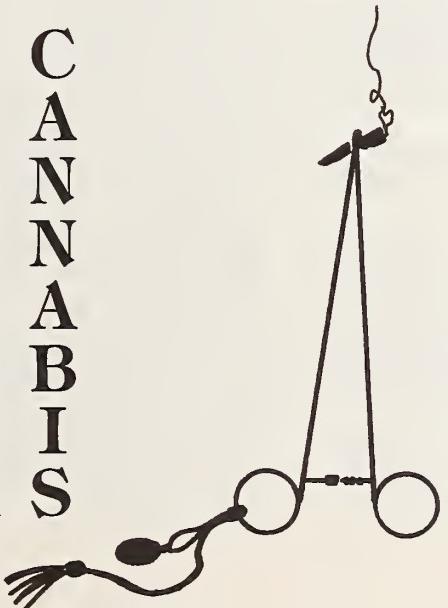
GUIDE



Marijuana, hashish and hashish oil are derived from Cannabis sativa, a herbaceous annual plant often referred to as Indian hemp. Grown extensively in Jamaica, Colombia, Mexico, Africa, India and the Middle East, Cannabis sativa's major psychoactive ingredient is delta-9-tetra-hydrocannabinol, THC.

—cont. page 21

CANNABIS



Drugs that decrease central nervous system activity are called depressants and include chloral hydrates, barbiturates, glutethimides, methaqualone, meprobamate and others.

DEPRESSANTS

Depressants are generally used to treat insomnia, anxiety, irritability or tension; however, taken in excess amounts, they can produce an alcoholic state of intoxication varying from person to person. Low doses produce mild sedation while higher doses lead to a state of euphoria, mood depression or apathy. The heavier the dose, the greater the possibility of drowsiness, stupor, coma and possible death.

Tolerance to depressants, which may be taken orally or injected, develops rapidly. And the dangers of depressant usage increases drastically when used in combination with other drugs or alcohol. Depressants are also used as a means of suicide.

Some common names for depressants include redbirds, yellow jackets, blue heavens or Christmas trees.



HALLUCINOGENS

They send you on a trip . . . they bend your mind. They're hallucinogens . . . developed mainly in clandestine labs, they are substances, both natural and synthetic, that distort the perception of objective reality.

Hallucinogens gained popularity in the 1960s. First LSD, then mescaline, psilocybin, peyote and many others gained fame. The chemical names . . . DMT, STP, MDA and PCP . . . cropped into conversations telling about "getting away

from it all," "expanding your mind" or "giving you some kind of thrill."

Identification of hallucinogenic drugs is difficult. Generally they have no standard dosage forms or markings. They come in all sizes and shapes and for the most part are odorless, colorless and tasteless.

Their effect on the human body is just as varied . . . that's the greatest hazard of hallucinogens . . . they are unpredictable each time they are taken. The user's personality, experience threshold and expectation all play a part in the effect. One person may find hallucinogens soothing, another disturbing.

—cont. next page

—HALLUCINOGENS cont.

Low doses of these drugs generally produce mood and personality changes while larger doses can induce hallucinations. But all doses distort reality . . . disorient time. And when the drugs wear off, a common occurrence is sleeplessness or restlessness.

While there is no documented withdrawal syndrome, thus producing no evidence of physical dependence, tolerance to the drug is built up as use continues.

Some hallucinogens are:

Peyote and Mescaline—derived from peyote cactus, can also be produced synthetically; taken orally, ground into tea or smoked, but rarely taken by injection; effects generally last between 5 and 18 hours, can induce fever, vomiting, headache, low blood pressure, depressed heart and respiratory activity.

Psilocybin—derived from mushrooms grown in Mexico; can be taken orally or injected with effects lasting about six hours, can induce feelings of detachment, lethargy, relaxation, dizziness, intoxication, abdominal pains, nausea, anxiety, shivering, inability to concentrate, yawning.

—NARCOTICS cont.

While most users take the drug through injections, it can also be taken orally, sniffed or smoked. Many addicts contract hepatitis, blood poisoning, abscesses and endocarditis—because of the use of contaminated equipment.

Since these drugs are mainly used as pain killers, they send the user into a short-lived state of euphoria while inducing drowsiness, apathy, lethargy, decreased physical activity, constipation and reduced vision. Larger doses induce sleep and increase the possibility of nausea, vomiting and respiratory depression.

Initially, the effects of narcotics are normally so unpleasant that many people believe users must have latent personality disturbances.

Increased usage causes dependence and the need for larger doses, and heavy users experience severe withdrawal symptoms. Complete withdrawal can take up to six months or longer. Babies of mothers who have taken narcotics during pregnancy are also known to have experienced withdrawal symptoms.

It is estimated that there are approximately 400,000 regular daily users of heroin within the US and between 2 and 4 million occasional users.

LSD(lysergic acid diethylamide)—semi-synthetic compound produced from lysergic acid found in fungus of rye; generally taken in small amounts mixed with other substances; length of reaction varies but drug can produce extreme mental changes, flash backs, increase in heart rate, blood sugar, blood pressure and temperature, may also induce tremors and cause hyperventilation.

DOM (dimethoxymethylamphetamine)—a synthetic compound referred to as STP; estimated to be 30 to 50 times less potent than LSD but a hundred times more potent than mescaline; usually taken orally, it can induce nausea, dry mouth, sweating and tremors in addition to a sense of tiredness, confusion, delirium and possibly convulsions.

PCP (phencyclidine)—licitly manufactured as a veterinary anesthetic named Sernylan; may be smoked, injected, taken as a liquid, taken in tablets or capsules or used in combination with other drugs; can induce body image changes, accompanied by depersonalization feelings; perceptual distortions and feelings of apathy or estrangement; often produces

drowsiness, inability to verbalize and feelings of emptiness, preoccupation with death and periods of difficulty in thinking also reported.

—TOBACCO cont.

The carbon monoxide level in a smoke-filled room often exceeds legal limits of air pollution in some areas. And besides nicotine, tobacco contains tar and other acids and gases which may be harmful.

Smoking and many diseases have been directly linked. Cancer, oral diseases, cardiovascular problems, gastrointestinal disorders and allergies have all been traced to cigarette smoking.

People who start smoking usually become dependent as evidenced by the fact that 61 percent of smokers interviewed recently say they have made at least one attempt to quit. And those who do quit say they are never really free of the drug.

—STIMULANTS cont.

roses or hearts while those with longer lasting effects are known as coast-to-coast, LA turnabouts or co-pilots.

The more common medical uses of stimulants are local anesthetic, treatment of hyperkinesis and narcolepsy and appetite depressants.

—ALCOHOL cont.

Large amounts of alcohol can lead to unconsciousness and even death if the body's functions are depressed to the point that they cease operating.

The speed with which alcohol affects the body depends on many factors—the person's weight, physical condition, amount of food in the stomach and the person's drinking history. And there is no quick process to sober up . . . it takes your body time to metabolize the alcohol in the bloodstream, generally as many hours as the number of drinks taken.

Drinking large amounts of alcohol over long periods of time can lead to heart problems and ailments of the brain, liver and other major organs. Heavy drinkers have been found to have lower immunity to disease and often suffer from malnutrition. And heavy drinking over a number of years has also been known to lead to severe mental disorders.

Alcoholism, or addiction to alcohol, is a treatable illness. There are many organizations such as Alcoholics Anonymous and both private and government-run detoxification centers to help the problem drinker.



Care for something to drink?

Why is the "something to drink" always assumed to be booze? For a change of pace here are eight alternatives to guzzling grog.

Tea with a Twist

- 6 cups water
- 1 teaspoon whole cloves
- 1 inch stick cinnamon
- 2½ tablespoons black tea
- ¾ cup orange juice
- 2 tablespoons lemon juice
- ½ cup sugar

Combine water, cloves, and cinnamon. Heat to boiling. Add tea; cover and steep 5 minutes; strain. Heat orange juice, lemon juice, and sugar to boiling; stir and add to hot tea. (6 to 8 servings)

Pilgrim's Progress

- 16-ounce bottle cranberry juice
- 1 pint 2 ounces pineapple juice (1 can)
- Lemon slices

Mix pineapple and cranberry juices in large pitcher, pour over crushed ice in tall glasses, garnish with lemon slices. (3 servings)

Cinnamon Dessert

Let three sticks of cinnamon steep in four cups extra-strong hot coffee for an hour. Remove cinnamon. Add heavy cream and sugar to taste. Pour over ice and use cinnamon sticks as stirrers.

Latin Coffee Extract

Brew one pound of coffee with eight cups of water. Store in a stoppered bottle in the refrigerator. Serve by stirring one ounce of the brew into five ounces hot water or milk.

Berry Delight

- 1 ½-ounce envelope unsweetened raspberry-flavored soft drink powder
- ¾ cup sugar
- ½ cup orange juice
- ¼ cup lemon juice
- 1 12-ounce can (1½ cups) pineapple juice

Dissolve drink powder and sugar in 4 cups water. Add juices; chill. (1½ quarts)

Houdini Cocktail

- ½ pint strawberry ice cream
- 1 cup milk
- 4 teaspoons bottled grenadine syrup
- Whole strawberries

Beat ice cream and milk until foamy-thick in blender, pour into glasses. Pour 2 teaspoons grenadine syrup from spoon down inside each glass (forms a bright crimson layer at the bottom). Garnish with strawberries. (2 servings)

Warm and Spicy

- ½ cup brown sugar
- 1 teaspoon whole allspice
- 1 teaspoon whole cloves
- ¼ teaspoon salt
- dash ground nutmeg
- 3 inches stick cinnamon
- 2 quarts apple cider
- Orange wedges

Combine sugar, allspice, cloves, salt, nutmeg, cinnamon, and cider in large saucepan. Slowly bring to boiling; cover and simmer 20 minutes. Remove spices. Serve in warmed mugs with a clove-studded orange wedge in each. (8 servings)

Carioca Fizz

- ½ teaspoon instant coffee
- ½ teaspoon sweetened chocolate-flavored drink mix
- ½ teaspoon sugar
- ½ cup water
- 1 bottle (10 ounces) bitter-lemon carbonated beverage
- 4 orange slices
- 4 maraschino cherries

Combine instant coffee, chocolate-flavored drink mix, sugar, and water in a cup, stir until sugar is fully dissolved. Pour over ice (2 glasses), fill with bitter-lemon, garnish with orange and cherries. (2 servings)

DRUGS and

"There is a stigma, real or perceived, attached to those who participate in the alcohol and drug abuse program. Nevertheless, we in INSCOM must continue to assist individuals in need and encourage them strongly to participate in such programs without fear of repercussions.

"Within this command there are cases where individuals underwent a drug/alcohol abuse program and were successfully rehabilitated and returned to duty. Additional emphasis should be given to rehabilitation to prevent losing highly trained personnel."— Lieutenant Dorsey Jackson, INSCOM's Command Alcohol and Drug Abuse Officer, Office of the DCSPER.

Alcohol and drug abuse is a problem in today's Army . . . a problem military-wide.

The Chairman of the Joint Chiefs of Staff in a recent press briefing admitted that the

military, as well as the country, has a drug problem, but pointed out that it is not of such a proportion to have any substantial impact on the military's readiness or capability. However, he was quick to emphasize that all the military leaders are actively concerned with abuse prevention and curtailment.

INSCOM, as a command, is also concerned. Each INSCOM unit is responsible for carrying out its own drug and alcohol abuse program with advice and assistance from this headquarters and Department of the Army.

"We have an on-going program . . . one that is receiving active command attention. Not only is the commander aware of the program but he's behind it 100 percent," explains LT Jackson.

"It's a program that takes the efforts of all personnel."

A look at INSCOM unit programs follows:

Vint Hill Farms Station

While drug problems at Vint Hill Farms Station are minimal, especially in their impact on the station's mission or readiness, there are currently four persons enrolled in the Alcohol and Drug Abuse Prevention and Control Program (ADAPCP), one of whom is being processed for discharge as a rehabilitation failure.

Local programs are designed

to combat drug abuse by making unit commanders aware of the ADAPCP and of the training devices and personnel available to them.

Vint Hill Farms receives all its clinical evaluations and services, therapy, counseling and educational support from the Ft Belvoir Alcohol and Drug Control Office (ADCO) . . . a setup which

has been very responsive to the needs of the local command.

Training on a post-wide and individual basis has been given in the past and recently ten films on alcohol abuse were placed on order to be used in the educational program.

"The Joy of Running," a program encouraging personnel to run, has been developed, not only for physical fitness but also as a preventative measure against alcohol and drug abuse; and reports are that it has met with great success.

What's the reasoning for a general lack of problems at this rural Virginia post? According to post officials, personnel are occupied with mission functions while at work and during non-duty hours are provided with a wide variety of recreational programs thus eliminating the aimless boredom which sometimes leads to drug/alcohol abuse.

—CPT Thomas Dixon, ADCO

INSCOM

FS Okinawa

Field Station Okinawa has an ongoing drug and alcohol education program designed to prevent abuse. With renewed emphasis on identification, last fall the command experienced an upward trend in the number of referrals; however, the number of clinical confirmations has remained relatively constant.

Credit for much of the field station program's success belongs to Dr. Donald L. Biergans,

US Army Garrison Okinawa's clinical psychologist. His regular meetings with field station company commanders, supervisors and soldiers have produced excellent results. Additionally, he conducts workshops for unit drug education specialists who are in turn responsible for conducting classes for all personnel in their units.

To assist the drug education specialists, the field station is establishing a special drug/alcohol library where various references, pamphlets and training materials will be maintained.

During the 3d quarter of 1977, there were 12 referrals at Field Station Okinawa compared to 22 during the 4th quarter. Of the 12, 4 were confirmed problems and of the 4th quarter figures, 5 were confirmed. During 1978 in the 1st quarter, there were 14 referrals with 4 confirmations; 8 referrals in the 2d quarter with 3 confirmations and 13 referrals in the 3d quarter with 6 confirmations.

Det 4 Turkey

Two factors bear heavily against alcohol and drug abuse at this INSCOM detachment: the smallness of the unit and strict Turkish laws.

Although the potential for abuse exists, especially since soldiers stationed here are separated from their families and

have only limited contact with local nationals, only two incidents of alcohol abuse and eight incidents of drug abuse have been reported within the last year.

Not only is the separation a problem, but factors such as fre-

—cont. next page

Conus MI Group

The Army's concept of flexibility is displayed in the CONUS MI Group's Alcohol and Drug Abuse Program with company-level commanders being responsible for conducting and monitoring the annual mandatory training and supplemental programs.

Each unit has its own school-trained Alcohol and Drug Control Officer (ADCO), normally an experienced NCO or a specialist with training in the Alcohol and Drug Abuse Prevention and Control Program (ADAPCP).

While the CONUS MI Group has no significant statistics on alcohol and drug abusers, the number of people enrolled in the program last year was minimal.

Upon a person's arrival at the group, he is made aware of the education and assistance program and informed who the ADCO representatives are. Additional means employed throughout the year to keep soldiers aware and involved in the program are Commander's Call, quarterly training classes and posters.

—TURKEY cont.

quent mail delays, a small PX with limited selection, an embargo on packages and the internal environment combine to make abuse easier.

However, these factors are overshadowed by Turkish law which is very strict in relation to drug abuse. Turkish authorities maintain jurisdiction over US personnel who are suspected to be involved with drugs.

The INSCOM unit has its own ways to curb the problem, too. The gym is open 24 hours a day and sports equipment is almost unlimited; sports programs are scheduled and a beach is rented during the summer months. University of Maryland classes and other educational programs are sponsored by the unit. There are no happy hours at the post clubs. A crafts shop is available with a variety of projects and some off-duty jobs are available for military personnel. And, finally there is an excellent library available.

But the heaviest factor still is probably the unit's continuous programs stressing Turkish law and penalties involving drugs.

FS Misawa

As a small tenant unit on Misawa Air Base, located approximately 300 miles north of Tokyo, Field Station Misawa relies on its host, the 6920th Security Wing, for much of its Alcohol and Drug Abuse Prevention and Control Program (ACAPCP) support.

Under the inter-service support agreement between the two organizations, the host is tasked to provide clinical identification, counseling and rehabilitation support as well as selected training.

The Misawa community of approximately 8,000 people is faced with an alcohol abuse problem which mirrors the national norm. However, Misawa's low incidence of other drug abuse is probably due to its effective education program and the location of the base itself.

The strict drug control laws enacted by the government of Japan, together with extremely effective enforcement of the law and control of drugs make illicit drugs virtually unavailable in Japan. The only illegal substance readily available is marihuana which grows wild. While local health and law enforcement agencies are making headway in eradicating the plant, marihuana is still readily available. However, controls on harvesting and strict law enforcement keep the level of marihuana use quite low.

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470th MI Group

At the 470th, there's "Something Else to Do." That's this military intelligence group's approach to the alcohol and drug abuse problem.

There is a drug abuse problem in the Canal Zone and an all-out effort has been launched by the 193d Infantry Brigade against it. But the 470th, as is common with most INSCOM units, has been able to maintain a low drug use ratio.

Alcohol is another subject . . .

alcohol is a very serious, although not as visible a problem . . . a problem shared by all the Army.

That's where this MI group's "Something Else to Do" program is aimed.

Fishing trips and cookouts arranged through the world famous guide, Roy Turner, the Big Blue's very own team in sports, such as football and softball, a troop-renovated dayroom and tours of the Canal are just a few

of the activities available as alternates to getting drunk or drinking to unwind.

Recreation center activities and use of the craft shop at FT Clayton become very convenient when free transportation is provided.

And in addition there are the YMCA's programs . . . scuba classes, swimming safety and trips in Panama. Classes are available at the education center, the craft shops and through local colleges. Other services are provided by the Valent Recreation Center.

All of this activity is aimed primarily toward individual recreation; however, it has a second objective, prevention . . . the best treatment for alcohol and drug abuse. Prevention by providing the "Something to Do."

—SSG William Isom, ADCNCO

The drug and alcohol abuse problem in Berlin is a persistent one, typical of most large cities, and is compounded by Berlin's location and proximity to trafficking routes. Heroin confiscation is on the rise from last year.

The problem at Field Station Berlin is small compared to the Berlin military community as a whole, basically because of the need for careful screening of individuals entering INSCOM.

Use of drug detection dogs in health and welfare inspections has led to the confiscation of paraphernalia associated with drugs and the referral of individuals for urinalysis testing.

During 1978, seven individuals have been referred for counseling . . . four are still in the program, three in the social evaluation program for alcohol and one in the follow-up counseling program for drugs.



Field Station Berlin subscribes to the Alcohol and Drug Abuse Prevention and Control Program run by the US Army Berlin, as well as conducts quarterly classes on drug and alcohol abuse. Tape cassettes and publications on

drug and alcohol abuse are available to all personnel and material is posted to educate personnel concerning the problem.

There is one Community Drug and Alcohol Assistance Center (CDAAC) for the community with the basic active program being 60 days in length followed by a 300-day follow-up program. As part of the program, Berlin began using the SUUTCO (Select-Urinalysis Test for Company-Size Units) in May 1978 among Berlin Brigade companies.

In addition to the active and follow-up rehabilitation programs, personnel in grades E6 and above may be treated for alcoholism at the Bad Cannstatt Alcoholism Treatment Center, an intensive inpatient program in which family members take an active part.



The incidents of drug and alcohol abuse within the 501st Military Intelligence Group have been relatively rare, particularly in comparison with the unit's size of over a thousand people.

Although figures fluctuate, generally less than six members of the command are enrolled in the Alcohol and Drug Abuse Prevention Control Program (ADAPCP) at any one time. Historically in this program, the number of alcohol abusers is approximately three to four times the number of other drug abusers. This statistic parallels that of the Eighth US Army (EUSA) which reports that approximately 75 percent of all ADAPCP participants are alcohol abusers.

The consensus indicates that alcohol abuse predominates due to alcohol's low cost, social acceptance and ready availability. Conversely, other drugs, with some exceptions, are relatively difficult to obtain and result in legal and other punitive actions if the user is detected.

Most drug abusers enrolled in the ADAPCP are barbiturate or amphetamine users. While this conflicts with the fact that marihuana is the drug of choice among most EUSA servicemembers, it is explainable since most drug abusers are identified via urinalysis testing where barbituates and amphetamines are detectable and marihuana is not.

Within the 501st, it is felt that there are several reasons for the relatively low incidence of abuse. First, like other INSCOM units, clearance requirements for most duty positions require extensive background investigations, a procedure which naturally tends to eliminate many abusers from assignment to the group.

Second, in addition to the normal disciplinary actions under the UCMJ, assigned personnel realize that any abuse can also result not only in loss of the clearance but also MOS and ultimate reassignment out of INSCOM. Such realities tend to discourage innocent drug experimentation.

Third, the availability of illicit drugs within the Republic of Korea is relatively low, particularly when compared with other non-CONUS locations. Although all Korean pharmacies are off limits to American servicemembers, certain types of drugs such as codeine, Demerol and amphetamines can be purchased over-the-counter from these

—cont. page 21

66th MI Group

All echelons of the Army are concerned with the problem of alcohol and alcoholism . . . and the 66th Military Intelligence Group is no exception.

At the present time, this headquarters is writing and enacting a drug and alcohol program designed to find out how much you know about alcoholism.

Alcoholism is a disease . . . an acute physical illness. Sometimes alcoholism is described as an allergy because it reflects a lack of tolerance for alcohol. Sometimes it is mistaken for mental illness since excessive drinking commonly produces temporary personality changes; however, with sobriety these temporary changes disappear.

It is almost impossible to determine exactly when a person crosses the vague, invisible line between alcoholism and social drinking. Individuals are normally unable to pinpoint the moment when the next drink becomes a matter of irresistible compulsion instead of a matter of choice. Everyone has a different level of tolerance of alcohol. Some people may actually become alcoholics with the very first drink . . . other may drink heavily for many years and never reach the limit of their tolerance.

The alcoholic differs from other drinkers not by the amount of alcohol he drinks but by his body's chemical reaction. A habitual drinker who drinks because he chooses to do so is not necessarily an alcoholic . . . the alcoholic is one who cannot control the impelling drive, and perhaps the chemical need for alcohol, even if the alcoholic doesn't want to drink.

There is no cure for alcoholism. Once the tolerance to alcohol is gone, it can rarely be regained although the disease can be completely controlled. The only effective treatment for alcoholism is total and permanent abstinence. And while the initial period of abstinence places a tremendous burden on the alcoholic, medical science can offer help in easing the strain of withdrawal.

The greatest help to the alcoholic, however, is constant emotional support and patient understanding . . . both by their families and through recognized organizations. When the disease of alcoholism is controlled, there is great reward to self, family and friends.

The 66th MI Group has units assigned all over Europe which creates a large problem with any program. The group's headquarters is excited about their alcohol and drug abuse program and its potential of enlightening all units of the problems of drugs and alcohol.

—SP5 Barbara J. Steinke

—Misawa cont.

While the host provides training assistance, most of Field Station Misawa's ADAPCP is organic to the unit. The main thrust of the program is one of education. The ADCO and the ADCNCO, working with the S3 and the host social actions office, provide an on-going program of awareness training and education for all field station personnel.

In addition to a minimum of five hours of awareness training for all personnel each year and the extensive use of audio-visual media (weekly bulletins, posters, AFRTS programs), all supervisors participate in a three-hour supervisor's awareness seminar to discuss indicators which might alert them to possible alcohol/drug problems and to demonstrate the important role a supervisor must play in the identification and rehabilitation of people with an alcohol or other

drug related problem.

Perhaps one of the most important aspects of the educational program is the personal interview that the ADCO conducts with each new arrival at Field Station Misawa. During the interview, abuse, legal aspects and consequences of drug use in Japan are explained. The many culturally enriching alternatives to abuse which are available through the base and throughout Japan are discussed along with the new arrival's goals and expectations for his tour.

The ADCO stresses the new arrival's responsibility to help identify individuals with problems so they may be entered into appropriate rehabilitation programs and offered help.

The bottom line stressed is that "If you're not part of the cure, you're part of the problem."

—KOREA cont.

facilities. However, hard drugs such as heroin, cocaine, LSD and morphine are simply not available. While marihuana is common, hash is seldom seen.

Additionally, as a consequence of an anti-drug program and harsh drug laws initiated by the Republic of Korea about six years ago, abuse and trafficking in illegal drugs has sharply declined with the Korean population. This, in turn, tends to minimize the quantity of illegal drugs available to the average servicemember.

Nevertheless, to preclude development of a climate favorable to drug or alcohol abuse, this command has implemented an aggressive ADAPCP. To help insure maximum success of this program, command letters have addressed ways of minimizing alcohol and drug abuse; established guidelines that foster the responsible use of alcoholic beverages; strongly indorsed the DA, EUSA and INSCOM ADAPCP; identified the inherent dangers of excessive alcohol consumption, and indorsed a letter providing general medical guidelines for handling and monitoring alcoholic intoxicated personnel.

The group's SOP on ADAPCP takes a decentralized approach, yet insures that unit ADAPCPs are viable and that EUSA and INSCOM reporting requirements are satisfied. The SOP expressly provides that 501st MI Group units receive ADAPCP services from, and in turn, support the host EUSA installation/command ADAPCP to include participation in area councils and satisfac-

tion of local reporting requirements.

Appointment of Alcohol and Drug Control Officers (ADCO) below the group level is designed to facilitate implementation of successful unit ADAPCPs through the encouragement of voluntary referrals and the preservation of the confidentiality of those servicemembers active in the program.

Quarterly alcohol and drug abuse training sessions are held with many unit commanders electing to include alcohol and drug abuse program information in their newcomers briefings.

Keystone of the EUSA ADAPCP are the eight nonresident rehabilitative facilities dispersed throughout the Republic of Korea. One such facility is located in each of the three major geographical areas where 501st personnel are stationed, Yongsan, Camp Humphreys and Taegu.

The professional counselors that staff these facilities offer professional physiological and psychological treatment to both drug and alcohol abusers. In addition to their traditional counseling of abusers, personnel from these facilities are available to assist unit commanders in training supervisory level personnel and in providing general information to the troop population. The 501st MI Group has utilized these services on an average of once per quarter during unit training sessions.

—CPT Ford, ADCO

—CANNABIS cont.

Marihuana, the most widely used of all illicit drugs, is made from the chopped leaves, stems, flowers and seeds of the plant and is usually smoked in hand-rolled cigarettes, crimped or twisted at both ends, which are commonly referred to as joints, sticks or reefers. The marihuana butt is called a roach.

Hashish is processed from the flowers of the cannabis plant and may vary from light to dark in color and from a waxy, hard substance to a powdery consistency. Hashish, which has a slightly higher THC content than marihuana, is smoked, also, but through

pipes, water pipes and other paraphernalia.

Significantly higher in THC, in fact at least five times more potent than either marihuana or hashish, is hashish oil. Usually dropped onto or into smoking material, one drop on a regular cigarette has the same psychoactive effect as an entire marihuana cigarette.

The psychological effects of cannabis are called "highs" and can range in intensity depending on the individual, his experience with drugs and his expectations. Many users experience immediate, distinct reactions while others feel nothing at all.

With small doses of cannabis, the user may feel relaxed, have increased sensitivity, be hungry and experience subtle changes in thought formation and expression. Moderate doses intensify these reactions and often send the user into feelings of flight, shifting imageries and fragmented thoughts while heavier doses can distort body images, cause a loss of personal identity, induce fantasies and even cause hallucinations.

Research is currently underway on the beneficial, medical uses of cannabis when given in controlled doses in confined situations.

On Using Government Supplies

With an influx of bills being prepared by the President and Congress concerning military personnel and civilian employees, perhaps it's time to refresh our minds on the laws governing political activities of DoD civilian and active duty military personnel.

Basically, you should remember it is unlawful to use appropriated funds in an effort to personally influence congressional actions.

That means you can't use government phones, stationery, office equipment, telegrams or printed matter when contacting Congressional representatives to express individual opinions.

However, you're not prohibited from using personally owned materials and contacting Congressmen during off-duty hours in a non-official capacity.

The prohibition does not apply to the seeking, through proper official channels, of legislation or appropriations deemed necessary for the efficient conduct of Army business. However, before that is attempted, the provisions of AR 1-20 should be reviewed and scrupulously followed.

Gear Scarce in Turkey

Soldiers receiving orders to Turkey should make sure that they have all required clothing and equipment with them upon arrival there.

Restrictions on stocking certain items locally and time-consuming inventory replacement procedures require up to six months to obtain many of the items, officials point out. Especially hard to find is women's clothing.

Department of Army has directed all commands to increase their efforts to insure that all soldiers who PCS, especially to Turkey, are carrying the required clothing and equipment when leaving their losing commands. (AR News)

All Source

Heading for Okinawa?

If your orders read Okinawa . . . then take note, the following may save you time and money!

The Quartermaster Clothing Sales Store on Okinawa closed the end of June making military clothing available only from the post exchanges on Okinawa and through mail order from Camp Zama, Japan.

Soldiers receiving orders for Field Station Okinawa should purchase any needed military clothing items prior to departure from CONUS.

If you're planning on taking your private vehicle, then you should know that automobiles

Joint Assignments

Servicemembers married to other servicemembers should consult their personnel offices if they wish to be considered for joint domicile in future assignments.

A new preference statement code "J" is now necessary for couples wanting joint assignments. (AR News)

Changing Intel Strategy

"Multi-Discipline Operations—Changing Army Intelligence Strategy for the 1980's" is the theme of this year's INSCOM Commanders' Conference.

Date for this year's conference is Oct. 23-27 at Arlington Hall Station and participating will be INSCOM Command Group and staff and unit and field station commanders and command sergeants major.

New INSCOM Reg

AR 10-53 is the new regulation concerning INSCOM's organizations and functions. It's dated 15 June 1978 and has been distributed through usual channels.

AR 10-53 replaces USASA Reg 10-122 and USAINTA Reg 10-46.

manufactured after March 31, 1976, are not being accepted for shipment to Japan at stateside ports. While older cars are accepted and shipped directly to Okinawa, shipping time can run as high as 45 days or as little as 20 days.

Personnel shipping automobiles should check with their local transportation office for any changes to requirement prior to arranging for shipment.

And, taking that family pet along may be a financial burden as well. Check with the airlines and your transportation representatives or you may be in for a high airline freight bill!

Color Vision Change

Applicants for the cryptologic MOSs of 05G, 05H, 05K and 98Z must now have red/green color discrimination instead of "normal color vision."

The revision to color vision qualifications was instituted in November 1977 and will appear in Change 10 to AR 611-201.

Color vision standards for remaining MOSs in CMF 98 and for MOS 33S remain unchanged.

—DRUGS and the ARMY cont.

The second source of identification is through referral by the soldier's supervisor. When certain indicators, such as irritable behavior and a decline in performance and/or conduct, crop into a soldier's job performance, supervisors often recommend that the soldier pay a visit to a local ADCO.

The third method of identification, and according to Hartman the least dependable, is self-referral. This is when the soldier himself decides to seek help.

In the 1978 Military Personnel Opinion Survey, 4.8 percent of the enlisted personnel responding reported they have problems with drinking . . . 4.5 percent in CONUS and 5.2 percent overseas. In 1977, 77.3 percent of the officers responding reported that they drink while 2.2 percent reported they have a drinking problem. In February of 1978, there were 8,442 military people with a drinking problem being handled by the Army's caseworkers.

It is interesting to note, however, that of the officers surveyed only 15.1 percent felt that alcoholism was increasing while 31.5 percent felt the problem was remaining constant. Forty-five percent saw no problem.

Although not one of the three primary sources of identification, random urinalysis is another method available to the commander. In October 1976, random urinalysis was discontinued as a mandatory Armywide test; however, it is still available to the commander who thinks there is a drug problem in his unit.

Urinalysis is not only one of the best methods of detection but serves as an effective deterrent as well since soldiers never know when they may be called in for testing.

Civilians, explains Karen Murray, head of the civilian program at MDW, may be either referred by their supervisor based on job performance or can enter the program through self-referral.

Back to the flexibility concept . . .

Every ADCO establishes its own program and educational procedures. MDW's ADCO, for example, serves nearly 30,000 soldiers, dependents and civilians and has two separate programs for their alcohol and drug abuse clients.

First, an individual is examined by a Walter Reed Army Hospital doctor who determines the degree of abuse. If the degree is determined to be

major, then the individual is enrolled into a 360-day counseling program, consisting of two sessions running one-and-a-half hours each for the first sixty days. After that the sessions are reduced to twice a month for the remainder of the program. During the entire outpatient program, feedback on the individual's progress is given to his commander and at the end of the 360 days, it is up to the commander to decide whether the individual may return to work or be separated.

If the drug involvement is of a minor nature, the individual is enrolled in a month-long education program with ADCO and is required to attend one two-hour class per week.

Participation in the programs is not made a part of the individual's personnel records but it is an inclusion in the medical records.

That's basically how the program works, the mechanics, but how is its concept geared toward today's soldier? Hartman explains:

"The young soldiers of today are fairly street-wise about drugs. You can no longer assume that this is their first film about drugs or alcohol. Your approach must be at their level of sophistication if you want results. No longer are scare tactics employed and we are forbidden from using films which show drug administration."

Besides the programs, there have been some policy changes, particularly in the Army club system to try and limit the number of alcohol abusers. One of these changes was the limitation of "happy hours" to five hours per week with no more than two hours in any one day. The clubs have also instituted a policy of lowering the price of non-alcoholic drinks when there is a reduction in alcoholic drink prices.

Most clubs now provide some type of snacking food in their bar areas. And even tradition has given way to curbing abuse. Stacking (ordering several drinks per person at one time) and last call (announcing when the discounted price for drinks is about to end) are being prohibited.

Changing the attitude of soldiers in the Army toward drugs and alcohol abuse is a large part of the program. According to Hartman, the Army now recognizes drug and alcohol abuse as an illness, not a mental or moral weakness and, he believes, it is time that the soldiers acquire the same attitude.

"Normally a supervisor wouldn't hesitate a moment to send a soldier to a hospital if he knew that the soldier had diabetes or tuberculosis. Yet the same supervisor might be very reluctant to send us a soldier that he suspects has a drug or alcohol problem," Hartman explains.

Program directors are emphasizing that their main goal is to save the Army and the government manpower, time and money. Each soldier or civilian employee represents a financial asset to the Army and the drug and alcohol program is designed to return the individual to productive service, not to dismiss him.

Spotlight

500th MI Group

As you walk in the front gates of Camp Zama Japan, a colorful palette of pink cherry blossoms and rich green fir and pasania trees come into view. A lazy stroll around the rest of the post brings you to the library, theater, Stop n' Shop, and even the Zama American High School. The Camp, located just outside of Tokyo, is equipped with just about anything an American family needs or wants.

Camp Zama hosts the 500th MI Group Headquarters, among other elements of the US Army. The 500th MI GP has enjoyed an extensive background, having received two Meritorious Unit Commendations since their establishment at Zama along with US Army Forces, Far East (AFFE) in October 1953.

The group's crest is as colorful as its surroundings.

The emblem consists of bamboo and palm trees set against the majestic silhouette of Mount Fuji as a white sun slowly begins to set.

Each object in the crest is symbolic of US Army service in the Far East; palm tree (Philippines), bamboo trees (Vietnam), Mount Fuji (Japan), white sun (Taiwan) and the Siamese headdress (Thailand). Along the edge of the emblem is the motto, "Scientia Potentia Est," which is Latin for "knowledge is strength."

Besides colorful foliage and facilities, Camp Zama offers several other benefits to its personnel. There are full Scouting facilities for dependents of soldiers as well as veterinarian services for any four-legged dependents.

Sports are a big part of the activity on Camp Zama with clubs and teams ranging from volleyball and swimming to skin diving and motorcross.

But if personnel there, by some stroke of misfortune, find themselves bored with the facilities, then a hop on the subway will take them in an instant into the metropolis of Tokyo. The subway system, one of the most extensive in the world, takes riders from one end of Tokyo to the other

for about 50 cents, and that covers a lot in the world's most populous city.

At the center of the city one can observe Japanese architecture in all its splendor by visiting the grounds of the Imperial Palace. Fine arts galleries are sprinkled throughout as well as shrines and museums depicting Eastern and Western artifacts.

For the sports minded, Japanese sports like judo and sumo can be seen in immense facilities such as The National Stadium and the Kuramae Kokugikan Arena. If you're more of a do'er than a watch'er, try Shinrin Koen, just a few hours drive from Camp Zama.

Shinrin Koen is a national park that features not only miles of biking and hiking trails but 30 obstacle log playgrounds. You and your family can test your nerve by sliding on the cable slides or tip-toeing across the log suspension bridge.

The sights and culture of Japan are quite an experience but only for the soldier and his family who take the initiative to explore this elegant corner of the world.

COMFAC Vans In The Works

The Army's first automated transportable communication facility for the intelligence community is under development and is expected to "hit the road" by 1979.

The transportable communication facility (called COMFAC) will consist of two environmentally modified transportable M373A2 vans. One van will be the operations center and the other will be a control center. COMFAC will be an integral part of the Corps Control and Processing Company.

COMFAC was conceived by Army Communications Command—INSCOM to satisfy rapidly increasing tactical communication requirements. During field exercises now, traffic between an EW (Electronic Warfare) company and the Corps C&P Company can average 300 messages a day. The information is presently passed on, or distributed, manually within the corps.

When COMFAC goes into operation, field units will be able to "subscribe" to the central processor's OPSCOMM (operational communications) circuits, which will be secure lines. Thus, COMFAC will provide highly unique automated communications capabilities controlled by an AN/UYK-19 computer system. Analysts at the C&P Company will be able to discuss the data with other analysts in field units through the OPSCOMM circuitry.

REENLISTMENT-

HOW DO YOU MEASURE UP?

ARE YOUR SOLDIERS-

★ MISINFORMED OR
UNINFORMED

★ AWARE OF OPTIONS/
OPPORTUNITIES AVAILABLE
THROUGH REENLISTMENT

★ RECEIVING ADEQUATE
COUNSELING

8'

7'

6'

5'

4'

3'

2'

1'





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